



Key Capabilities Continua

The Structure of Key Capabilities

Elaborations ←

Indicators ←



Spiritually Aware and Inspired by Faith

... reflecting on, planning for and showing evidence of the development of my key capabilities

Spiritually Aware ▶▶▶▶

I am aware of the spiritual dimension of my life when...	Noticing how I feel when being still and calm <i>e.g. climbing trees, being with others, slowing down and being still</i>	Reflecting on questions about the world and God	Contemplating significant moments in my life through tuning into my inner world	Engaging with existential questions	Reflecting on the gift of life experiences and the interconnectedness of life <i>e.g. reflecting on the mystery of life</i>
I nurture my spirituality when...	Recognising when I feel at peace	Doing things that make me feel at peace <i>e.g. being in prayer services or Mass, spending time with others, spending time in nature, helping others</i>	Responding to what is happening in my inner world <i>e.g. using creativity to express my inner thoughts and feelings, being aware of my feelings when praying</i>	Prioritising time for personal and shared spiritual nourishment <i>e.g. through reflecting in nature, praying, community service, celebrating Sacraments</i>	Aspiring to live a life of love and service
I value prayer and reflection when...	Being open to reflective moments	Appreciating opportunities for prayer and/or reflection	Seeking opportunities for prayer and/or reflection <i>e.g. at home, in my classroom, by myself or with others, in Church</i>	Prioritising time for regular prayer and/or reflection in my life	Inviting others into experiences of prayer and/or reflection
I tune into my interconnectedness when...	Noticing moments of connection <i>e.g. with others; with God, with the environment</i>	Reflecting on how I am interconnected <i>e.g. how am I interconnected with other people and creation?</i>	Recognising how my interconnectedness affects my action <i>e.g. my connection with God and humanity inspires me to care for others</i>	Seeking to be in right relationships with others, God and creation <i>e.g. taking responsibility for my actions, seeking and offering forgiveness</i>	Building solidarity with others, especially those who are vulnerable or suffering
I am a seeker of truth when...	Asking if something is true	Seeking trustworthy sources of truth <i>e.g. trusted adults, Gospel stories</i>	Engaging with the truth that the Catholic faith shares <i>e.g. reflecting on and seeking the meaning of Scriptural texts and Church teachings</i>	Recognising and discerning truth claims <i>e.g. who or what is making this claim? What wisdom does the Catholic tradition offer?</i>	Being committed to be a truth seeker and seeking to live with integrity <i>e.g. continuing to be open to and engage with Christian wisdom about truth</i>

Organising Elements ←

Sub-Elements ←

Phases